

# Safety On The Road

## Drinking And Driving Don't Mix

You are the safest when you completely separate drinking and driving. This is true if you drive for a living. It is also true on your own time.

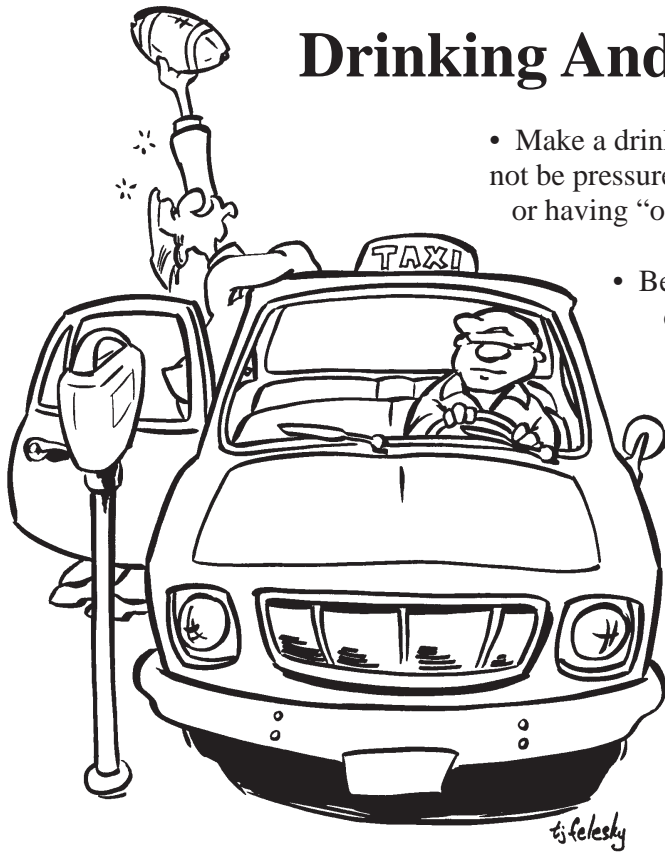
### **Here are some reminders about avoiding the dangers of drinking and driving on social occasions:**

- If you are going to be attending an event where there will be drinking, do not drive. Arrange for other transportation. One way is to designate a driver for your group; this person agrees to stay sober and do all the driving.
- Make a drink last a long time. Do not be pressured into drinking more, or having "one for the road".
- Before having your first drink of alcohol, enjoy a cup of hot coffee or tea. Switch back to non-alcoholic beverages early in the evening. Pour your own fruit juice or soda if necessary.
- If you are drinking, consume snack foods and lots of mix. Dancing, games and other party activities can keep you busy doing something besides drinking.
- Carry money for a cab and for a phone call to obtain a ride. Also stash some cash at home for you or other family members to pay for the taxi.
- Make a pact with your family members to never drive drunk or ride with a drinking driver. You agree to provide rides for one another if you really need one – at any hour with no questions asked.
- Be a responsible host, friend and co-worker. Help ensure that others get home safely. Encourage non-alcoholic beverages on social occasions.
- Time is the only cure for intoxication. Black coffee, cold showers, fresh air, exercise and other remedies will not sober you up.
- There is no safe limit for drinking before you drive. You can actually be impaired at an alcohol level well below the legal limit. You are safest if you completely separate drinking from driving.
- A party tonight followed by eight hours sleep does not make you safe and sober tomorrow. Drivers have been convicted of drinking and driving offenses occurring the day after a party the night before.
- Don't mix alcohol with other drugs or medications. Such mixtures can greatly increase intoxication, drowsiness and various side effects.

*Think of drinking and driving as two separate activities. If you are intending to drive, do not drink. If you do intend to drink, don't drive!*

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